

## CLAIMS

1. An armrest height-adjusting device of a vehicle seat having a seat bottom and a seat back rotatably attached to the seat bottom, comprising:

a collar fixed to a seat back frame of the seat back and rotatably supporting an arm frame of the armrest;

a spring cover integrally rotating with the collar;

a lock spring having a coil portion disposed around the collar, a first leg portion engaging with the seat back frame, and a second leg portion stored into a window portion of the spring cover; and

a stationary plate fixed to the arm frame and having a hook capable of engaging with the second leg portion;

wherein the coil portion, in a state in which the second leg portion does not receive an external force, closely contacts the collar with adequate strength so as to generate an ordinary frictional resistance between the coil portion and the collar;

wherein, when the armrest is rotated downward, a diameter of the coil portion becomes short by the ordinary frictional resistance so as to increase the frictional resistance between the coil portion and the collar;

wherein, when the armrest is rotated upward, the diameter of the coil portion becomes large by the ordinary frictional resistance so as to reduce the frictional resistance between the coil portion and the collar;

wherein, the window portion has an unlock abutting wall for abutting against the second leg portion so as to guide the second leg portion into the hook when the armrest is

rotated upward beyond a predetermined position;

wherein, the window portion further has a return inclined wall for abutting against the second leg portion so as to return the second leg portion to the inside of the window from the hook when the armrest is rotated downward in a state in which the second leg portion engages with the hook;

wherein the frictional resistance between the coil portion and the collar, in a state in which the second leg portion engages with the hook, is kept in a weaker state than the ordinary frictional resistance.

2. The armrest height-adjusting device according to claim 1, wherein the hook has an inclined guide cam surface to guide the second leg portion into the hook when the second leg portion is displaced by abutment with the unlock abutting wall.